



One-Cut Hitting Competition

Skill Set: Hitting

Difficulty Level: Hard

Number of Athletes and Coaches: All hitters split into two teams, all coaches

Average Time to Complete: 15 minutes

Equipment Required: Screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Execute the situation and get the job done in one swing or one bunt

Description of the Drill:

- This drill can take place in the cage or on the field
- Divide players into two teams
- Each player gets one swing or pitch from coach front toss to get a job done
- Coach decides on the situation, for example, the situation could be bunts, hit and run, runner on 2nd and no out, runner on third, or line drives
- Each team gets a point each time their batter gets the job done. Minus one point for a swing and miss.
- Coaches are the judge and keep track of points.
- The teams can go through multiple different rounds as time allows.
- To add a variation of the game, have players stay at the plate for another swing as long as they get the job done. They can keep scoring points.
- Can be done with coaches BP or pitching machine. Batters should wear helmets.

Layout of Drill (cage is optional, can be done on a field):

